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THOMAS LINN, M.D.

The Climate *
* of Nice
— and —
The Riviera *

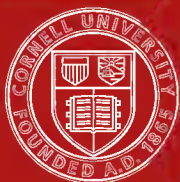
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3<sup>rd</sup> EDITION  
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NICE

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THE
Climate of Nice
and
The Riviera.

(INCLUDING HYGIENIC RULES FOR INVALIDS, WITH THE NECESSARY
PRECAUTIONS TO BE TAKEN TO OBTAIN THE MOST BENEFIT
FROM THE CLIMATE OF THE SOUTH OF FRANCE,
AND NOTES ON THE ADVANTAGES OF
WINTERING THERE V.S. ITALY & EGYPT.)

BY

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&c., &c., &c.*

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THIRD EDITION.

PREFACE.

(Vincat Veritas.)

(In preparing another new edition of our little work, first issued in 1890, we have added some new facts and notes made during the past seven years residence in Nice.)

HERE is, perhaps, nothing in the world quite so sure as our motto : Truth does conquer in all things, and particularly so in scientific facts. It is quite impossible, nowadays, to romance in regard to anything that has to bear the investigation of the intelligent public. We hasten to state that our pamphlet is not original, but simply useful and practical. Hippocrates advised physicians, who had settled to practice in a place, first of all to

consider its medical topography, seasons, winds, water, climate, &c.

A number of competent men have studied these subjects for more than half a century past in regard to Nice and the Riviera, so that we have only to add our personal experience to give our readers the facts of the case. These are not based on speculation or theory, but on sound investigation and honest research, which should be the foundation of all science.

We see every year an entirely new set of invalids, who seek these shores in search of health, and who are not aware of the essential precautions that must be taken to get the best advantage from this climate. The first duty, (and certainly a most important one), of a physician practising on the Riviera is to give the new comer these necessary points, which we find ourselves so constantly repeating that we deem it advisable to print them, as many thousands who come south, in delicate health, never hear of these facts, or do so too late to be of any practical use to them.

It must be constantly kept in mind, that there are cold and wet days in winter in the best of climates. Invalids must be prepared for these difficulties and dangers, otherwise the change would be of no avail to them, and they

are apt to fancy that the climate is prejudicial to health; but the truth is that they fail to observe these important precautions and suffer in consequence ; whereas we are sure that were they to follow these simple rules, they would pass an agreeable winter away from the frost, snow, cold, and damp of the North, and have every chance of improvement to their health from the dry tonic air of Nice.





CHAPTER I.

THE CLIMATE OF NICE.

(ALPES-MARITIMES DÉPT.) — FRANCE.

NICE is 630 miles from Paris, (Lyons Station), on the P. L. M. Railway, 140 miles from Marseilles, and about twenty five miles to the Italian frontier on the other side. The new "Rapide" express trains from Paris arrive in 18 hours, 122 frs. first class.

Nice is in latitude N. $43^{\circ}41'39''$ and $4^{\circ}55'22''$ longitude E. It is situated on the Mediterranean sea, *Baie des Anges*, at the mouth of the river Paillon, and lies on a plain that is bounded by the limestone summits of the Maritime Alps.

It has nearly 100,000 inhabitants, and over 60,000 visitors during the winter. It may be

called "The Capital City of Winter Health Resorts", the rest of the places on the Riviera being towns. Cannes with 20,000 population is the next largest, but no comparison is possible.

Nice has a direct southern exposure, and lies in a circle between the hill of Villefranche, and the promontory called Cap d'Antibes. It is built in a manner to catch all the sun heat possible, while it is surrounded by, and sheltered with three ranges of mountains, and hills, that can be well seen from the platform of the "Chateau", a public garden above the city.

The nearest range of hills extend from *Mont Boron*, around to *Les Baumettes*, *St-Philippe*, and on to *Cimiez*. The height of these hills varies from 600 to 700 feet.

The second range is from *Mont Chauve* (2,750 feet) on to the *Mont des Fourches*. The third is the high Northern mountains, *Vial*, *Ferrion*, and *Mille Fourches*, varying from 4,600 to 6,800 in altitude.

These topographical advantages of protection, are only one of the many reasons, why Nice has enjoyed such popularity as a winter health resort, since the time of the Romans.

The *soil of Nice* is formed of sand, pebbles, and gravel, through which water percolates

rapidly, and there is no dampness here from earth causes.

The *air is a marine one*, its smell, and taste can be detected at a great distance from the sea shore. It contains Iodides, Bromides and Chlorides in notable quantities, as The Mediterranean Sea contains more salts than the Atlantic. It is well known that Maritime climates are always milder than inland ones.

The *rainfall* is 32. 4 inches, the *relative humidity*, or tension of the water vapor in the air at 2 p.m., is stated at 59'6, and the average, of the hygrometer is 62'9. The *heaviest rainfall* is in late September, or early October, and the winter months are drier than the summer ones. Rainy days in winter, are usually 30 in all, and cloudy ones 40. From October to May, there are 135 sunny days, when London has 10 with over 180 rainy ones. From Nov. to March the hygrometrical conditions of the air at Nice vary very little from sunrise to sunset.

On the rare occasions when *frost* occurs, it is invariably at night, and the bright morning sun makes short work of it. *Hail* is very uncommon, and sleet still less so, while *snow* is not seen once in seven years, and only for a portion of one day, it does not remain on the

ground, as it melts almost as soon as it falls. As an exception, we have had snow on a portion of one day twice during the last five years. Mist is seen on the hill sides at daybreak in winter on some days, but it disappears at sunrise and real fog is unknown in Nice. Thunder and lightning are of very rare occurrence, and accidents from this cause are unknown on the Riviera.

The mean *Barometric pressure* is 761 m.m. or 29.95 inches. *The winds* are modified by the protecting mountains from the north, and east, and as a rule these are moderate, but we have the *strong* wind called the Mistral, which is felt about nine times in the year, and blows a great deal at night. This wind has been called the plague of Provence, but here, on the coast, it is a north-north-west wind, warm in the autumn and cold when the snow is on the Esterels. The peasants call it, however, the "good wind" as they believe that it blows away much that may do harm to them. The Sirocco is the south or south-south-east wind, which comes across from the African deserts, and it is rare in Nice. The cold North-East or Italian wind, coming down through the unprotected rift in the mountain chain, is a very disagreeable one, but it does not blow more than five times in the winter.

As to *the Temperature in Nice* the mean is 50'3.

In the middle of the day the temperature never goes below five degrees above freezing point in the coldest day in winter, and in the sun it is from 40° to 60° degrees higher than in the shade.

The following table shows the results of ten years observation between London and Nice :

	NICE	LONDON
November.....	53'6.....	42'6
December.....	48'5.....	39'5
January... ..	47'	38'8
February	46'	40'
March	51'8.....	41'1
April.....	58'	48'8
May	63'	52'

These climatic statements can only vary as they do everywhere and must be general in each climate. It is only trained minds that can deduct anything of value from them. Temperature statistics, in particular, are mostly bewildering to many people by their apparent contradictions. Latitude seems to mean nothing, for Nice is in the same latitude as Portland, Maine, one of the coldest places in North America.

For those who do not care to be troubled.

with tables and figures we give a monthly summary of the winter at Nice.

October. — The temperature in Nice now ranges from 74° to 78° and the rainfall in this month is often very heavy. The regular resident visitors return this month, but the proportion of heat to dampness is sometimes great, and the mosquitoes are rampant. The trees grow greener and even bloom again like a second spring.

November. — This is a mild month, 70° to 75° . It may be a little rainy in the early days, but the hygrometric mean is much less now and the mosquitoes are leaving. The nights are pleasant and cool.

December. — The temperature now is 55° to 66° and this month is often the finest of the winter ones. There is very little wind, and the average cloudless days are 19 to 25. Christmas comes as a fine sunny warm day as much unlike the North as possible, while the ever-green trees and plants at Nice make it still more so. The temperature never falls below 39° and then only in the early morning. From 10 to 3 is almost always bright sunshine. The violet makes its appearance about Christmas with the orchid and the purple anemone.

January. — The temperature varies now

from 48° to 55° and the fine weather will sometimes continue in this month, but at sunrise the temperature will be as low as 27° to 28° F., and a slight frost may be seen ; rain also may occur for parts of five to six days, off and on, and periods of three days of a cold rain come once in three years. When the sun is out, the weather is really warm and violets are abundant now.

February. — We now come to the least agreeable month, when we are liable to have sudden changes of temperature, and yet some years the weather is magnificent, still the first half of this month is, as a rule, the coldest part of our winter season. Then after the fifteenth we get the cold "March" winds of the north ; the days will then be fine and cloudless, but subject to sudden changes, and the utmost care is required up to the twentieth of this month when spring appears. The crocuses, primroses and blue hepatics are now plentiful as well as the anemones and other flowers. The month in fact is cold at the first half, and warm and pleasant at the end.

March. — Temperature is now 55° to 65° again, and the first few days are windy, but not so bad as the last month, and March is never the variable month of the Northern spring ; fine

cloudless days often continue through it, and the hillsides are now full of the fragrant thyme and lavender.

April.— Is one of the pleasantest months of the year at Nice, all nature is now awake, and the buds blossom in the hot sun while the air is full of the perfume of flowers, convolvoli, gladioli, &c., and the temperature is 60° to 70°.

May. — This delightful month is a warm one, the orange and lemon trees are in full fruit, and abundant, while every one is making plans for the return home to the north.

The *sanitary condition* of Nice is now the best on the Riviera and Southern Europe, and indeed equals that of anywhere else. The construction of a very elaborate drainage sewer system upon a proper hygienic method was commenced in 1891, after the deliberations of a special hygienic commission named by the Mayor of Nice ; we had the honor of forming part of this commission. The work has been and is carried out by the city's own engineer. The city was divided into sections, one being taken at a time, and perfectly repaired and renovated as to form and level, the form taking the best English one ; the average fall is three to six in a thousand, all sink and surface water is taken away and proper syphon culverts have

been placed at every corner while the whole of the drainage is carried to sea in pipes that extend eighty to one hundred feet out. This is to be replaced next year by two more large new collecting sewers that will remove the sewage far from the city out to a point below the Var, and still another dealing with the older portion of the town to a headland to the east of the city. Here the great Mediterranean sea, with its masses of miles of salt water, can easily purify the sewage of Nice, which comes to it washed down by the 30 to 40,000 tons of fresh water coming from the automatic flush out reservoirs that are now placed along the line of the newly arranged sewers at convenient distances. The *mortality of Nice* has been wonderfully lowered in the late years that have seen these improvements. Only a few years ago, in summer time, Nice would have epidemics of a form of malarial fever, but the last three summers none has been seen and the death rate has fallen below that of cities of the size of Nice elsewhere. A total expenditure of nearly eight millions francs is proposed, and already partly used, in the new sanitary works. Nice is to-day better than any part of south Europe and in a very short time will compare its drainage with any part of the world.

The *water supply of Nice* is of two sorts. The automatic flush outs we have spoken of are furnished with Vesubie river water, and the same is used for sprinkling the streets and for gardening purposes. This river is tapped up the mountains and brought to the City, and the old river Paillon water is not used at all now. The *drinking water* is quite a different matter, it is taken from pure mountain springs and sent into the city in completely closed conduits. It is mostly from the large St-Theclé springs and the supply is immense ; three millions gallons are given, but the city cannot use half this quantity. The two water services are provided for, and the water company is under bonds of 100,000 francs not to substitute one for the other. The water for drinking is therefore perfectly pure although it is a little "hard" coming from the limestone rocks ; this is good for children, but adults with weak kidneys should consult their physician as to using it too freely.

Nice has several *distinct climatic zones* ; first the *Marine*, by the sea. Next the *Plain* or valley. Then the *Hills*, as Mont Boron and Cimiez, which are quite different, and each of these districts have certain indications. Near the sea the winds are powerful and the

sun's rays strong, and the nervous element predominates; closer under the hills the climate is warmer, and on the Cimiez portion it is sedative. It is therefore impossible to speak of the climate of Nice as if it was the same everywhere, and care must be taken to settle down in the proper district according to the needs of the patient.



CHAPTER II.

PERSONS MOST BENEFITED

BY

THE CLIMATE OF THE RIVIERA.

WE will give the indications as briefly as possible. First then, the large class needing a climatic change and wishing to avoid the extreme cold of the North. Next Convalescents of all maladies, then the overworked in mind or body. In children the scrofulous and tubercular do well here ; then comes the great class of respiratory diseases, and here the influence of sunlight which gives vitality to the dry tonic air and favors respiration, and the dry sea air, which has always been considered "pectoral", direct-

ed the attention of physicians for ages to this climate, and brings to-day the larger portion of our patients, who suffer from bronchial and asthmatic troubles.

The failure of the new modern treatments for such diseases proves again that the oldest and best one is the residence in a mild dry climate for all those who have profuse secretions from the mucous membranes. It is here only that such cases are treated with benefit. As to Phthisis, the passive sort and those who are afraid of dry cold do mend in the warmer portions of each Rivierian resort. The good effects on chronic catarrhs of the Nose, and Pharynx and Larynx diseases are certain and sure. Next in importance we may place the feeble subjects whether from age or faulty constitution, and Nice has been truly called the "providence of the aged and weak". Healthy old people find that they can keep up the body heat in the south by the reaction of the dry stimulating air. We are convinced that many of those we have seen have prolonged their lives by wintering on the Riviera.

The dry tonic air also acts upon the digestive organs, and the dyspeptics get an appetite here, and are able to assimilate food better

than they can in the North. The action of the light air on Liver and Spleen Patients is well known as they can take proper exercise here, while the effect of the light and sun on hypochondrical, melancholic and anaemic, as well as chlorotic patients, is certainly very important to them inasmuch as the fact is that the sun gives life and colour to plants as well as to human beings. Chronic Brights Disease, Diabetes, skin diseases, as well as calculous affections are also relieved, because the functions of the skin being better performed in the South in winter, the work of the other organs is eased up.

Women's complaints are vastly improved (dysmenorrhœa, &c.) as the menstrual function is active in the South.

Paralysis, rheumatism, sciatica, and gout are ameliorated constantly and most of the heart diseases.

In one word, *all chronic maladies* are benefited by the climate of Nice.



CHAPTER III.

THE

NECESSARY PRECAUTIONS

TO THE TAKEN

TO OBTAIN THE MOST BENEFIT FROM

THE CLIMATE OF THE RIVIERA.

*One must study the weather to live long,
and take certain precautions to get full
benefit from climate.*

DR. LINN.

PRECAUTIONS.

I.

All Invalids should go indoors before the sun sets, and not go out before it rises.— The diurnal temperature of Nice is uniform, and not liable to much variation, but at sunset the fall of temperature is most rapid, the drop being often several degrees, and this is accompanied by an abundant fall of dew. This decline begins in winter as early as 3 P.M. These sudden

changes of temperature are more to be feared than steady severe weather. It is of course essential that invalids should not go out before sunrise. From *ten to three* should be the time for outdoors in December, January, and February. In March these hours can be slightly extended.

The general rule should be, however, to be indoors *one hour before sunset*.

The dew rises in the evening, and after 8 P.M. those who can bear the night air may go out again.

II.

When going from the sun into the shade put on additional covering. — It must be admitted that the difference of temperature between the sun and the shade is considerable in the South. It will be noticed that the natives at all times carry with them a handy cloak to throw over their shoulders and a silk handkerchief for their necks. These are above all necessary when driving along some of the roads where a deep shadow is cast over them by the mountains for a certain distance, and also when one requires to sit down or stand some time in conversation.

It should be remarked that this difference

of temperature is not only on account of the change from sun to shade, but also because of the unusual freshness of the air in this climate.

Evaporation from the skin takes place rapidly in this dry air and causes a feeling of coldness more than the degree of temperature warrants.

III.

It is necessary to carry a sun umbrella. — Many persons on arrival in Nice rush out at once into the full blaze of sunshine, even at noon, without any protection from its rays, and often with their heavy winter overcoats on, and high hats, &c.

They are apt to say : “ Why, doctor, we came here to seek the sun, and we mean to get the full benefit of its health-giving beams.” That is possible, but, like all good things, the sun must be enjoyed in moderation, and with proper precautions, because exposure to it, without care, often results in congestion of the head, or even sunstroke.

IV.

It is advisable to wear smoked eyeglasses when in the bright sunshine. — The glare of the white houses and the roads, as well as the sea,

is perhaps only a slight discomfort, but it wearies the eyes and tends also to congestion. It will, therefore, be well not to neglect any thing, and adopt this precaution, which gives great relief to eye strain.

It may be mentioned here that this very excess of light has a wonderful curative action in certain diseases (Anæmia, chlorosis &c.)

V.

One should not overdress nor walk too fast. — It is important not to wear the extra heavy winter clothes of the North here, unless when driving; furs are rarely needed.

The clothing used should be warm, but rather light, while the texture should be woollen when possible. Flannel is best as under-clothing for invalids, and woollen garments are the best for use for both sexes; they need not be heavy, (for feeling cold is not catching cold by any means), and light clothing is best for walking, but one must not go too fast and get overwarm. We need hardly add that it would be imprudent to sit down, after walking fast.

VI.

When entering the house do not remove your

outer coverings at once. — We consider this precaution so important, that we put it separately. It is simply to prevent the radiation of heat too fast from the body.

Most of us, on entering the house, remove our hats and outer coats at once, but it is advisable for invalids to keep them on for a short time.

We may mention here that it is wise not to lay aside warm clothing too soon in the spring. This old and well-known rule is as true here as elsewhere.

VII.

Invalids should insist on having a room facing the south. — The rooms occupied by delicate persons must be *au midi*. There is nothing so apparent, or felt so strongly, as the difference experienced in the impression of weakened people when they are in a south room, in this climate, and when they are in a north one. *This even if the temperature be the same in both rooms.* The radiation of heat from our bodies here acts no matter what the ambient temperature may be. It is something like the feeling produced by a damp room, where, no matter how we heat or air it, its influence for evil persists. It is curious the way heat is

radiated from the human body, even from the deepest organs, by a sort of force, and in north rooms the disproportion between the real temperature and that felt by ourselves is a result of this radiation, which is the principal cause of our catching cold. Invalids should never stay in north rooms.

VIII.

See that the sanitary arrangements are good in the house. — A careful choice of residence is essential. Nice has improved very much in late years, and many even of the older houses have modern sanitary arrangements. The dangers arising, however, from such causes are not well understood nor feared in the South, and we cannot too much warn our readers who propose to take villas, not to do so until the place has been inspected by a competent sanitary engineer. For hotels and *pensions*, any of the resident physicians can give full information as to their being healthy and suitable for all the various classes of patients.

IX.

It is advisable to secure good ventilation of your rooms. — The most successful of the

modern forms of treatment is, without question, the open-air cures. Many physicians believe that we should be night and day exposed to the atmosphere. In any case it is best to have all our rooms well ventilated. Those who have houses, or apartments, can have the upper windows arranged with ventilators, others are advised to have the windows open as much as possible, except at sunset. The curtains may be more or less drawn. In all sleeping-rooms it would be well to see that there is a fire-place, it constitutes an excellent ventilation.

X.

The regimen must be changed in the South.
—The food and drink of the North is not suitable here. Nothing, perhaps, does more harm than the conservatism of the English and Americans, and for that matter of other nations, who will insist on taking their home habits with them wherever they go. English ale and the heavy meat foods of the North are not suitable in the South. It is a safe rule to conform, in most things, to the habits of the people in the place you live in. There is no use fighting against a change of climate ; it is just as hopeless as planting flowers in a soil that does not suit them. The matter of regimen

alters, however, with each separate case, and cannot be fully dealt with here ; the suggestion is thrown out that if you want to feel well, then suit your habits to the climate ; the diet should not be rich, but full and sustaining.

XI.

Doses of medicine are not the same in the South. — It is a well-known fact that drugs cannot be taken in the same doses here as in the North : while some of them need to be increased, others must be diminished, so that patients need not be astonished to find their usual medicines not answer so well. In some malarial districts it is really astonishing the quantity of quinine that can be taken with impunity ; while iodides here, owing to the air being charged with iodine, can only be taken in small doses. But in a work intended for the general public only a simple hint can be thrown out here with the other precautions,

XII.

Do not travel South too quickly. — One of the disadvantages of the splendid new express trains *de luxe* is that it makes people take too sudden a change of climate. All strangers need to be acclimatized here, as elsewhere, accord-

ing to their personal peculiarities and constitution. Some suffer by these sudden changes in loss of sleep and appetite ; others get too great an impulse in their digestion from the tonic air giving them an unaccustomed zest for food, and they over-eat. Again, others get a considerable increase in their catarrhal troubles for a time, or some disorder of the nervous system. So that a slower trip South is advisable for invalids. This precaution is not so important perhaps as the others, as care in eating and a few days' quiet rest in the hotel will obviate the inconveniences of a rapid change when necessary.

XIII.

Do not put off coming South until too late in the year. — It is useless to come to Nice, as the gay world does, in January, and expect to derive much benefit from the climate. If a tendency to any disease is to be checked, or a real complaint cured, the early cold days of the North must be avoided.

Before the equinoctial gales of October commence, and the winter is approaching, the invalid must leave the North. It is the first cold that does all the mischief, and makes it so very difficult to eradicate the harm done for

the rest of the winter; therefore the best advantage is to be obtained only by coming early.

The late Dr Bennett said “ The invalid
“ should reach the south before the end of
“ October. After the rains, with their un-
“ healthy moisture, and heat are over, and when
“ the nights are cool enough to have taken
“ the power of injury out of the mosquitoes,
“ this is the proper time to come to the
“ Riviera. ”

XIV.

Do not hurry away from the South too soon in the spring. — Every winter leaves behind it evident marks of disease and death, proving the close relationship between man and his environment, the atmospheric temperature. We have spoken of the effects of mere cold, but now refer to the slight chills of spring. These petty troubles are often of unaccountable origin, and are often overlooked by patients, but they are dangerous, and should be guarded against. The feeble young and time-stiffened aged find great difficulty in passing safely through the rapid alternations of the spring in the North. We therefore cannot too much urge on invalids greater care then; and, in

place of leaving for the North or for Italy in March, we should advise their staying on here until the end of April.

It is well then to have a change and to leave the Riviera for a time, for while invalids derive benefit from a stay in a climate of this sort, there is a less resistance to cold in persons who permanently reside here and they no longer have their former natural hardihood to the vicissitudes of the atmosphere of the north, unless they return to it part of the year.

XV.

It is not reasonable to expect a complete cure in one season. — It is essentially necessary, to eradicate any chronic trouble, to reside here for several winters in succession. A good Italian proverb says, "*Chi va piano va sano, e chi va sano va lontano.*" No patient should lose courage or abandon hope, even if there be no magician's wand in his physician's hand to perform miracles: time and patience in this mild, tonic climate will certainly do wonders. There is no fallacy more widely spread, and none less based on reason and experience, than the expectation of immediate and rapid cure from change of climate.

Chronic maladies, which are slow in growth,

ingrafted as it were on the constitution, can only gradually be changed — surely, slowly, and safely.





CHAPTER IV.

THE CLIMATE OF NICE V.S.

THAT OF THE OTHER TOWNS

OF THE RIVIERA.

THE first question that the newly arrived stranger on the Riviera puts is, which is the best place to stop in here? Nice has been praised to the skies in the most florid language, and abused in the vilest way, by writers who have not lived here and do not understand the climate. We are thoroughly convinced ourselves that there is no such thing as a differential value of the winter resorts in the south of France. It is not possible to believe that there can exist any wonderful difference of climate in these few miles of coast, and after years of experience here, and

careful meteorological observations in the whole distance, we found that the difference in temperature is *imperceptible*. The main climatic characteristics of the Riviera are the same at all the stations, and, as far as essentials are concerned, there is no part of the French Riviera where people may not find all they need as a tonic winter climate. Great delusions prevail on this subject, and many writers devote themselves to laudation of their special place, and thus invalidate their statements. There are, as we have said, *certain local spots in each town* accidentally made, sheltered by the protection of a near by hill, or a clump of trees, or again by being in a valley. This exists in Nice just as well as at the other stations and the physicians here, as elsewhere, can point out and indicate to their patients, (in need of complete shelter), where they can get it in the warmest portions. It is therefore of paramount importance to persons who intend wintering in the Riviera, not only to select the town, but to find out what part of it is suitable to them as a residence. It is just as injudicious to solve this problem by the advice of the inexperienced, as it would be to accept drugs or medical advice from anyone who should choose to proffer it.

As to the winds, it is well known that *when it blows at Nice it does so at all the other towns*; this was proved by one of our *Confrères* who telegraphed to all the towns, during a mistral, and found the conditions alike in all of them.

When it rains *all day, it does so in all these Rivierian resorts*, as they are close together, although it is possible to have a local storm, still they are very rare. A slight flurry of snow was seen last year at Cannes and none at Nice, but this is the exception.

As to the sun it shines alike on all, when it is out, and this is the rule; but there are exceptions when there will come two or three days of rain, and the unfortunate traveller, who happens to arrive here then, will get the mistaken notion that the climate is a bad one on the Riviera.

In fact the seeker after a perfect climate will be sure to be disappointed everywhere, as perfection does not exist. The year, or the season 1895-6 gave fine weather all the winter in Nice. From Christmas to May there were not five days during which there was rain, and there was no snow, frost or cold winds.





CHAPTER V.

EGYPT AND THE RIVIERA COMPARED.

ALEXANDRIA and the lower damp Delta of Egypt cannot be ranked as a health resort at all, nor can Cairo, (in spite of its fine climate), become one until it rises out of its inertia and gets a drainage system of some kind, that will sanitise the place and improve its death rate which at present is a most extraordinary one, being about equal to Madras, *47 in 1000*. Paris is about 22 and Nice 19.

In winter too one may spend some very cold miserable damp days in Cairo. Dr Peterson writing last year says "I experienced " about Christmas last year in Cairo four

“ most uncomfortable cold and rainy days,
“ and suffered more from it, than I did one
“ winter month in Florence the year before,
“ which I had treasured up as one of my
“ bitterest memories of disillusion of sunny
“ Italy ”.

This difficulty of bridging over the cold and bad days in Egypt is owing to the fact that there are no means of heating of the rooms there, and particularly the halls of the hotels, also because of the insufficiency of rooms with a southern aspect.

In addition to these disadvantages, Egypt, owing to the great cost of the journey out by sea, and the high expense of living there, will always remain the winter resort of the comparatively rich class of tourists and sight-seers, rather than Invalids. It is to be remarked that people, who go there for a season, do not return, finding that the few degrees difference in heat does not repay them for the trip as the place is so unhealthy.

This much having been said, we must admit that the rainy days are only fifteen in number to thirty on the Riviera in winter, and that the mean of the temperature is 57'6, over seven more than Nice. November will give from 65° to 75° temperature, December 56° to

68°, January almost as much, and Feb. 59° to 69°, and then March comes with the terribly hot and dusty winds called *Khamseen* or forty days' winds; April will get up from 70° to 80°.

The cold and damp days of December can be escaped also by going up the Nile to Luxor, where rain is rare. It must not be supposed that all is warmth on the Nile, and in the deserts, for the nights are *piercingly cold*, while the dust and sand storms are most unpleasant, and dangerous to bronchial or throat cases.

The thermometer in winter will indicate sometimes a variation of 12° F. between morning and noon, but with all these sudden changes it rarely falls below 39° at any time in Cairo. Fogs prevail during the receding of the waters of the river, but the sun soon dispels them, and snow is unknown; hail is seen two or three times in the winter, and not more than a day at a time. We have elsewhere described our sensations in Egypt during a two years residence there, and conclude that it can never replace the Riviera. for a great many reasons that we have given.

In order to give a second opinion we quote from a late author on *THE CLIMATE OF EGYPT*, by *E. Symes Thompson M. D. (1896)*.

“ Of Cairo as a health-resort little is to be

“ said ; *at no time in the year is it healthy.*
“ In November and December it is damp and
“ steamy, and the water stands in the cellars
“ of the hotels and houses. Medical sanction
“ should be obtained before settling upon a
“ house. Dr. Sandwith and Dr. Murison
“ know all that is known about the Egyptian
“ climate, and may be trusted not to encourage anyone to remain in Cairo if evil is
“ likely to accrue. In January and February
“ the weather is changeable, and in March
“ other places are better. It is dusty, full of
“ fleas and mosquitoes, the social activity is
“ excessive, the bustling streets are crowded
“ with clamouring pedlars, donkey-boys, drivers, and beggars. There is no rest or peace
“ for the invalid. New-comers need acclimatisation (and even residents on their return
“ from other places). Influenza, catarrh, and
“ low fevers are prevalent.~

“ Cairo is not suited to invalids, and every
“ year's experience shows it to be terribly
“ harmful to many who are tempted to remain
“ there. The subsoil is always saturated
“ during the floods ; much of the residential
“ quarter is built on midden heaps and is
“ percolated with cesspool soakage. New-comers feel the steamy heat much, suffer

“ from neuralgia, and are liable to dengue
“ fever. The winds are often cold in December
“ and January, and the changes of tempera-
“ ture are sudden and great. It is essential
“ to be provided with warm wraps. At night
“ very often the cold is intense. A chill
“ is more likely to do harm in Egypt than in
“ England ; it leads to diarrhœa, pneumonia,
“ or even peritonitis.

“ On comparing the climate of Egypt with
“ that of the Mediterranean coast, the differ-
“ ence is found to be mainly due, in the one
“ case, to the vicinity of the *desert*, and, in
“ the other, to that of the *sea*. There are
“ disadvantages in each, and it is a question
“ of relative rather than absolute merit. More
“ time can be spent *in the open air* in the
“ Riviera.”

It is well known that all climates *on sea* are more constant and regular than those inland.

In addition to these differences, we must call attention to the relative humidity of Egypt and the Riviera. Egypt is really one of the damp countries where the morning fog is great and the relative humidity considerable ; while the Riviera is a dry climate with a small amount of water vapor in the air. The lower

Delta about Alexandria is noted for its dampness. Kid gloves cannot be kept here without spoiling by damp spots.

If the *mean* of the temperature be taken, it is higher in Egypt than on the Riviera, but this is owing to the great heat of Egypt at noon, and if the fact be mentioned that early morning and the nights are very cold in Egypt, it will be found that the practical day mean is higher in Nice for instance, where the nights and early mornings are not as cold as in Egypt. These points are of vast importance in judging the climates for the purpose of treatment of invalids. Egypt is a relatively fine but *damp* climate, while the Riviera is a *dry* one.

The season of 1895-6 in Egypt was a very bad climatic one. In January they had as much rain as they often have all the year, while the winds and other conditions were disagreeable, while the Riviera had a most remarkably fine season, having good weather throughout the whole winter.

The present cholera in Egypt condemns it also as a health resort.



CHAPTER VI.

THE CLIMATES

OF

FLORENCE, ROME, AND NAPLES.

WERE it not for the fact that many people still have an impression that the Italian cities are delightful winter residences for invalids, we should not mention them ; but we must do so to disabuse these persons' minds and to call attention to the dangers of these cities as winter homes for ill people.

No climates in the world have been so favorably misrepresented as the Italian cities. Poets and novel writers have raved over the "blue skies of Italy", and other writers have made health resorts of Florence, Pisa, Rome

and Naples that have not the slightest claim to be so.

FLORENCE. It is hard for those who know this city, as we do, to understand why invalids were ever recommended to stay in it in winter. It has extremely cold winds of a terrible nature that seem to blow right through one, as they come over the Apennine low hills surrounding the city, at some distance off, they rush with their icy blasts directly *through the city* cutting one to the bone. The river Arno, on which the city lies, is a muddy stream that at low tide gives forth odors that are far from agreeable or healthy, and the water supply is not good. The old palaces, where most people live, are exceedingly cheerless with their thick stone walls and deep set windows, that never let in enough light or sunshine to dispel the gloom within. Bronchial troubles are very common and illness of many other sorts. There is one caution that should not be forgotten to all going there, that is not to over fatigue themselves with excursions, and the picture galleries, and churches. Florence is only a possible residence for invalids in the late spring and autumn.

ROME. The climate here is more equable than that of Florence in winter, and the

sudden changes are fewer; but it must be understood that this is not a winter health resort and that the climate is cold and disagreeable, while the air is loaded with the miasm of malaria coming from the Pontine marshes of the *Campagna di Roma*. Much improvement has been made, however, as regards this danger, and the sanitation has been improved so that Rome is not now much worse than any of the large Northern cities in winter, but its climate has little to recommend it to invalids.

The relative humidity is 70 % in winter, so that the climate is much more damp than the Riviera; high winds are prevalent and the mean winter temperature is 44°.

NAPLES. This great Southern city is the most disappointing one of all the large Italian cities to the health climate seeker in winter, as it is even more unsanitary and unhealthy than the others. The Tramontano or North wind and the Sirocco or South wind are the features, and those who are exposed to these winds are either suddenly cooled or made warm by them with a resulting rapid evaporation of the moisture of the skin that is most dangerous to invalids. Then these winds are followed by rain. November, December and January are very rainy months, giving the

same average of rain as London. The temperature is by no means low with all this, for it reaches the same mean as the Riviera so that Naples is warmer than Florence and Rome.

The sanitation is said to have been improved in late years, but it has always been bad, and, given the habits of the natives, will stand a great deal of reformation. In one word, writing for Invalids as we do, we cannot honestly recommend them to risk themselves in Italy before May in the Spring, or after October in the Autumn.





CHAPTER VII.

THE ADVANTAGES

OF

WINTERING IN NICE AND THE RIVIERA.

IT dates back to the highest antiquity that after long and patient observation and study, physicians have recommended delicate patients to pass their winters on the Mediterranean coast. Since it has many times been proved, by actual experiment, that the western Riviera contains the best winter stations that exist in Europe. We agree with Dr. Yeo who says, "That a perfect climate cannot be found," and after a residence of two years in Egypt, and many seasons passed in the most renowned winter climates, we are confident that the thousands of English

and Americans, who pass their winters on the western Riviera, have the best reasons to believe that they have found the next best to a perfect climate.

Between October and May, there are over 130 clear cloudless days on the Riviera ; in London during the same time there are about ten, and nearly 200 rainy or cloudy days. There is hardly a single day on which an invalid cannot go out at least for some portion of the day in the South. Besides, one is in touch with the world and civilisation, and within a few hours of the great cities. We well remember with what annoyance we read our six-day-old paper in Egypt during one rainy day with hail and cold wind. To escape the cold and damp of the North is the reason why all these thousands come to the South. Are they right in doing so? When so large a number of human reasoning beings do a thing, they are always right in doing it, even if for the reason which makes the birds migrate. We are convinced that this intuition is truth. It may be true that the modern theory of micro-organisms having something to do with the cause of pneumonia and kindred diseases are correct ; but certainly the part taken by exposure to cold, and damp, is the

most important factor in all chest and bronchial troubles. This all practical physicians know by clinical facts, and this knowledge is worth more than a thousand theories. Even if the microbes are the seeds of disease, they will not develop on healthy soil, so to speak, the ground must be prepared to receive them. The manner of this preparation in the human frame is well known. We get overheated in a damp, cold climate, and we *catch* the disease, how? The mere mechanical effect of the cold contracts the little blood vessels which run just beneath the surface of the skin; this drives the blood away from these parts, and must create a congestion somewhere else — most likely in one of our vital organs, or wherever we have our weak spot, the so-called *locus minoris resistentiæ*, and this point of least resistance is least apt to recover promptly from the congestion produced. The old saying that “warmth is life and cold is death” is true. That cold checks our perspiration, and prevents the carrying off of the injurious, worn out, and poisonous materials from the body, and throws the work of purification on the internal organs, we all know. The kidneys and lungs may not be in the best condition to perform the skin’s function or help it along, and congestion and the maladies follow.

It is wonderful how quietly we all take dangers that come upon us in a familiar form. If an epidemic of cholera arises, and kills off a few hundred people, the world is alarmed and almost a panic is produced, but severe cold, in London, destroys thousands in a few weeks, and yet nothing is said. The death rate before the frosty weather is often 19.4 in London, but it rises then to 29.7. In former years, during the influenza, it fluctuated about 24. Little heed is taken of this warning and lesson, or of the fact that it is perfectly true that the great majority of people who live in cold, damp climates "*perish by the lungs.*" The direct influence of cold itself *per se* cannot be denied. It may be that it places individuals in a state of bacillary receptivity, but the part taken by it is the most important one, and it must be admitted that all persons subject to diseases of the respiratory tract give themselves the best chance of escaping dangerous illness by wintering in the South.

An advantage to invalids in Nice and the Riviera that should be mentioned is, that the rooms here, as well as the beds, are not occupied but a few months in the year, while the carpets and fittings are cleansed and disinfected every season.

We will now answer an objection to Nice — “that it is a large city and therefore not suitable to invalids.” This is the weakest of all possible of the arguments against Nice. It is true that many of the great crowds that flock here in winter do so partly for the climate, but mostly for amusement ; we contend that this last is also an excellent thing for invalids. Why should sick people be “cabined, cribbed and confined” in dull villages, where they see no life? We are certain that it is better for them to be in a large place where they can get every convenience as well as luxuries, and we feel certain that all chronic patients are much better in a lively place, where they can be cheered up by the presence of the world and its gaieties. We do not mean that they should go to balls and take an active part in the Carnival, but we are sure that they can, with great advantage to their health, be “lookers-on” at Nice and its amusements.

Even those who need complete repose can have it in the environs, and they also are improved by a drive now and then into the bright city, and thus maintain a cheerful tone while avoiding a too monotonous mode of life. These points are highly important adjuvants in effecting an improvement in all disordered states of health.

In conclusion we find that there is some difficulty in making people understand that the south of France, in December, January and February, is not a *tropical* climate. It is not so, as we have shown, it is simply one in which the cold of the north is tempered, and rendered less severe, *by the sun*. It is always warmer than the north, and has a great number of sunny days when invalids can carry out the great object of climatic treatment, viz., *the spending of as much time as possible in the open air*.

It looks cloudy some winter days in Nice, but often clears up by ten o'clock, and certainly in the middle of the day, all the winter, there reigns almost always clear skies, so that there is hardly ever a day when an invalid cannot be out. This is the great advantage of wintering in this mild dry climate, where daily exercise in the open air may be had by which muscular, respiratory, digestive and cutaneous systems are maintained in health, whereas invalids in the cold damp climates in the North pass all the twenty four hours, as a rule in winter, in the close temperature of their rooms. The chance of *getting into the open air daily* is in fact the blessing that invalids can have in the Riviera, and of which they should not be

deprived as it welf give them a longer lease upon life.

We trust that our advice will enable invalids to get the utmost advantage possible from the climate of Nice and the Riviera.

THOMAS LINN, M.D.

NICE, FRANCE,
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The climate of Nice and the Riviera :



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